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CSIPs working for Lajes:
Hidden Hero program designed to encourage
volunteering, recognize volunteers. See page 4.

CROSSROADS

Vol. 10, No. 44 • November 4, 2005 | Lajes Field, Azores, Portugal | Ready to Fight and Win!



This way

Airman 1st Class Robby Harrison, 729th Air Mobility Squadron, guides the forklift driver as cargo pallets are placed on a K-Loader. The cargo will then be taken to a DC-8 aircraft for shipment to various locations world wide. (Photo by Master Sgt. Michael Featherston)
See more on the Aerial Port on pages 6-7.



COMMENTARY

Every USAFE member should take pride in CSIP successes

Lt. Gen. Robert D. Bishop Jr.
USAFE vice commander

RAMSTEIN AIR BASE, Germany (USAFENS) – In the three months since becoming part of U.S. Air Forces in Europe, I've been continually amazed by the incredible things going on in this command and the men and women who make it happen.

USAFE is one of the busiest MAJCOMs in the Air Force. Whether it's supporting peacekeeping and humanitarian operations across the globe, participating in international relations events like the Russian air show or ensuring our readiness through the multitude of exercises conducted within our area of operations, the USAFE team works together and accomplishes extraordinary work.

But, what's even more exciting is to see what's happening right here on our own stomping grounds.

Regardless of the climate or time of day, USAFE members are out jogging and using our fitness centers — and the hard work is showing outstanding results. In Fiscal 2005, USAFE reduced marginal and poor fitness scores on the Air Force physical training test by 65 percent. Now, only one in 20 Airmen is in this "at risk" range, and the numbers are continuing to drop. Consequently, we're the only MAJCOM achieving above 90 percent in the new AF Fitness Readiness metric; a new fitness statistic developed and proposed by USAFE. Combat Fitness is a proven success — USAFE Airmen are Fit-to-Fight.

Our USAFE team is not only

physically ready, but also medically prepared. Over 90 percent of our Airmen are ready to deploy at a moment's notice. To put this in perspective a bit, the Air Force average is currently at 83 percent. USAFE knows what it takes to be expeditionary, and we're blazing the trail for the rest of the Air Force.

The focus on quality of life and providing superior service in the command is also amazing.

Since Combat Care began, more than 15,000 reintegration "survival"

brochures have been distributed to deployed Airmen and their families. The command emphasis on this quality of life program assists and supports our Airmen as they execute a smooth transition from

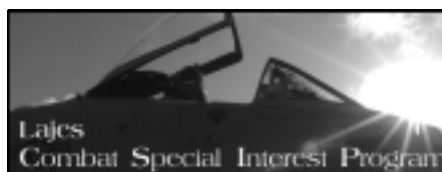
deployment back to home station.

Additionally, the command has removed significant barriers to the college classroom and is striving to satisfy our younger troops desire to learn. Among our junior NCOs and Airmen, college enrollments have increased by more than 15 percent from Fiscal Year 2003 to Fiscal Year 2005. This is a reflection on the "user friendly" education opportunities we have here in USAFE as a result of Combat Education.

I could go on and on about all the good news stories I see happening here in our command. Everywhere I look, the top-notch work, drive and pride of our USAFE team is readily apparent. The list of Combat and Special Interest Program successes is astounding and it's all driven by the men and women of USAFE.

Combat Fitness is a proven success -- USAFE Airmen are Fit-to-Fight.

—General Bishop



Combat Care

Combat Care is a program to improve the care, resources, attention, and information flow spouses and families receive while the military member is deployed. Combat Care will ensure families are integrated into the base community and provided with all the support they need during these trying times.

For more information about Combat Care at Lajes Field, contact Master Sgt. Savina Williams program coordinator at 535-4138.



Commander's Line

**Call 535-4240 or
 e-mail
actionline@lajes.af.mil**

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing
commander



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The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-3347 to speak to a Crossroads staff member, fax information to 535-6326, e-mail news@lajes.af.mil.

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Angel Tree program brings holiday gifts to less fortunate

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

The Chapel Charities program will kick off their Angel Tree program Saturday.

Angel Tree is an opportunity for Team Lajes members to step up to the plate and help underprivileged families on and off base this holiday season.

"The Angel Tree is a yearly program set up through the Chapel Charities here in which we put underprivileged kid's names on trees set up in the base exchanges," explained Master Sgt. Michele McCullough-Cruz.

From Saturday through Dec. 13, there will be trees set up at both the Flightview and Oceanfront BX.

Each tree will hold several paper angels with a child's information on it for children from birth to age 15.

Pink angels indicate girls; blue angels indicate boys and yellow angels are for babies from birth to 18 months. From the angel, a donor can determine the gender,

age and possibly the shoe size of a child.

The process is simple for people who wish to help this season.

Individuals can choose an angel from the tree, buy an age-appropriate gift, and put it in a bag unwrapped with the angel in the box next to the tree.

The suggested range of value is \$15-20, according to Sergeant McCullough-Cruz. She also stressed that toys and items donated should not be battery operated.

Some items that are popular are backpacks and shoes, she said.

Based on the request, the angels will be located at the appropriate BX. Someone wanting shoes, will have their shoe size on the back of the

angel and that angel will be located at the Oceanview BX where shoes can be purchased. Toy requests will be located at the Flightview BX where Toyland is.

For more information about the Angel Tree program, call Sergeant McCullough-Cruz at 535-3705.



Ouch!

Staff Sgt. Brandon McGhee, 65th Medical Operations Squadron, gives Maj. Craig Green, Military Personnel Flight commander, his flu shot last week. More than 500 active-duty members have received their flu shots already. Family members will be eligible to receive their flu shots in approximately two weeks. Shots are available at the immunizations clinic Monday through Friday from 8 a.m. to 5 p.m. (Photo by 1st Lt. Michael Hyland).

Good to Know

New commissary hours

The new commissary hours are Monday through Thursday 10:30 a.m. to 6:30 p.m., Friday 10:30 a.m. to 7:30 p.m., Saturday 10:30 a.m. to 6:30 p.m., and closed Sunday.

Seven-digit dialing

Lajes will be switching to 7-digit dialing in December. This means users will no longer be able to dial 2-XXXX when dialing a local DSN number. They will be required to dial 535-XXXX. Seven-digit dialing is currently available for use. Users are encouraged to get in the habit of dialing 535 when making local (on base) DSN calls.

Holiday mail deadlines

In order for cards and packages to make it to the states by Dec. 25, it needs to be sent by the following dates:

- Space-available mail: Nov. 26.
- Priority and first-class letters/cards: Dec. 10

These deadlines can be used as a ballpark for mail coming from the states as well.

The post office hours to mail items are Monday, Tuesday, Thursday and Friday 10 a.m. to 5 p.m., and Wednesday 11 a.m. to 5 p.m. Customers may pick up packages on those days until 5:30 p.m. and on Saturday from 10 a.m. to 2 p.m.

For details, call 535-3625.

Family night Wednesday

Burger King and Hillside Lanes now offer a "Family Night" special to customers. Families of four can get the two Whopper Value Meals and two Kids Meals for only \$9.99 and an hour of bowling (five people per lane, shoes not included) for \$10.

LADD change

The Lajes Against Drunk Driving phone number has changed to 964-955-992. Anyone who has had too much to drink can call this number for a safe ride home.



Hidden Heros: Lajes relies on volunteers

**By Staff Sgt.
Christin Michaud
65th ABW Public Affairs**

One Combat Special Interest Program is designed to recognize the people who give up their time selflessly.

Hidden Heroes, a U.S. Air Forces in Europe CSIP program, is designed to increase volunteerism throughout the Lajes community by identifying volunteer opportunities and encouraging all active duty, Department of Defense civilians, family members and local nationals to volunteer.

This program recognizes volunteer contribution. There are two types of recognition: Certificate and Coin Recognition. Certificates are usually distributed to squadron commanders to present during their commander's calls or going away functions. Hidden Hero coins are to recognize individuals who made a difference through volunteerism during their tour at Lajes, according to Carol Burns, the point of contact for the Hidden Heroes program here.

One of the volunteer agencies here is the American Red Cross.

"Red Cross volunteers are not only part of the Lajes Family but, because of their input, help direct and mold many of the activities occurring on base," said Larry Williams, American Red Cross director of volunteers.

"We currently have volunteers working at the schools, the base library, the Medical Group, and the Red Cross office," he said.

Volunteers help at the elementary school working as teacher's aides, assisting with the computer lab, library, bus monitors, and assisting the school nurse with medical examinations, according to Mr. Williams.

Volunteers working for the Medical Group are placed in several different depart-

ments: Records, Administration, Radiology, and in the clinics.

Registered volunteers donated 527 hours since July, according to Mr. Williams.

The Medical Group uses volunteers with the American Red Cross to help meet its mission on a regular basis.

"We are also seeking to register any nurses (RNs, LPNs, LVNs, and Nurse Practitioners) with the American Red Cross for local Disaster Relief service," Mr. Williams added. "A Federal Tort Act protects all professional medical workers while volunteering in a federal facility. Working as a volunteer may assist with maintaining current licensing as well."

"We at the Red Cross Office would like to add our thanks for the dedication and hard work the Lajes volunteers have given to the community," Mr. Williams said. "At the current rate, they will surpass the 7,000 hours donated by last year's volunteers."

Organizations like the Officers and Enlisted Spouses' Clubs also rely on volunteers to facilitate many of their programs and activities.

Volunteers were instrumental in making the Back to School Carnival a success, according to ESC president Chris Fletcher.

"The ESC relies on volunteers to help our projects stay safe, fun and fulfilling to the community," she said.

The ESC uses volunteers for community programs like the back to school carnival, thrift shop, and combat care where they will host a movie night this month for deployed spouses and their families.

"Volunteers help ESC remain successful whether it is an individual giving of their time or a group of people – there is strength through support for us," she said.

Additional volunteer opportunities include the Airmen's Attic, the Loan Closet



Misty Frith, an administrative volunteer with the American Red Cross, files a patient record. Mrs. Frith is one of 10 registered volunteers at the clinic. (Photo by Airman 1st Class Tabitha Larson)

and the Thrift Store.

Regardless of where someone chooses to volunteer his or her time, the programs they contribute to help make activities and resources here at Lajes Field possible.

More than 150 volunteers recorded their hours last quarter, according to Mrs. Burns.

Tech. Sgt. Mark Campbell was recently named Volunteer of the Quarter; he doesn't do it for recognition.

"I don't volunteer for awards and stuff – it's not to be recognized," he said.

He does it to make a difference in children's lives, including his own.

"I believe our children are our future," said Sergeant Campbell. "We need to teach them about manners, community service, and dedication to helping others. I see Scouting as one of the best ways to do this. I was a Boy Scout for many years. I have two daughters, so I became a Girl Scout leader."

"If you want to volunteer, pick something that you are interested in and believe in and do your best at it," he recommended. "Don't just volunteer for an EPR or OPR bullet, do it to make a difference in someone's life. Volunteer for

what you believe in, not for what others think you should."

For others who feel the same way, and don't volunteer for recognition, the program allows them to volunteer anonymously. "We will always respect your wishes to remain anonymous," Mrs. Burns said.

She urges volunteers to record their volunteer hours, even if they do it anonymously.

"It helps the base compete against other bases – and lets the community and USAFE know how much we depend on our volunteers," she explained.

Anonymous volunteer hours help the base be more competitive when it comes to the metrics in the USAFE CSIP programs.

"It (volunteering) is a rewarding experience where you get to help others and meet people," Mrs. Burns said.

A new program is beginning where a traveling trophy will be awarded to the squadron with the most volunteer hours per military member. "Family member hours can count towards the squadron's hours," she said.

Anyone interested in volunteering can register at the family support center or American Red Cross is Bldg. T-126.

FSC transitions to community readiness model

By Sue Williams
Family Support Center
flight chief

November is the month of the military family and with that people traditionally turn their eyes toward the family support center.

The Lajes Family Support Center has selected this time to highlight their new way of doing business — both for our customer and internally for our staff.

Lajes FSC along with other

Air Force family support centers are transitioning to the Community Readiness Model.

Family support over time has streamlined programs and classes.

There will continue to be the program experts; however staff members will be given an overview of each program to share with their respective squadron.

Lajes FSC staff have been gearing up for the community support change with cross training in multiple program areas and building different

types of skill sets to conduct business.

People will notice a service shift to unit and community. Each unit will have an FSC representative assigned to them serving as a focal point for information.

Lajes personnel can anticipate seeing the FSC staff integrating within the units, commander's calls, daily outreach, and possibly some classes.

FSC will partner with other agencies to focus on identified challenges both in the units

and in the community.

Some FSC's who have been working this model are very encouraged; it has proven itself to be an effective service delivery resulting in stronger community ties and connectiveness for the base.

It's a great time of change for the FSC leading to positive support to units and most importantly Airmen and their families.

For information about FSC programs or the community readiness model, call 535-4138.

USDA makes changes in Free and Reduced Lunch Program

By Stacey Crosson
USAFE School Liaison Office

RAMSTEIN AIR BASE, Germany (USAFENS) — The U.S. Department of Agriculture has recently announced that more families may be eligible for the Free and Reduced Lunch Program because of a change in eligibility guidelines.

The USDA released a memorandum authorizing the exclusion of the Family Supplemental Subsistence Allowance as income when determining eligibility for participation in the Free and Reduced Lunch Program. The memorandum goes into effect immediately

and will continue through the end of Fiscal 2006.

"This will benefit the military families most in need," says Dr. John Bohannon, School Liaison Officer for Ramstein Air Base, Germany. "Coupled with the Basic Allowance for Housing exclusion from earlier in the year, this greatly increases the number of families who qualify for the program and saves them more than \$300 a year per child."

Families can apply for the Free and Reduced Lunch Program anytime during the school year by contacting their School Liaison Office. A family that is non-eligible at the start of the school year may reapply as their

qualifying factor changes, i.e. decrease in household income, increase in household size or unemployment. The U.S. Air Forces in Europe School Liaison Office recommends anyone receiving FSSA contact their installation School Liaison Office for review based on the new policy.

To access the USDA memorandum and other information concerning the Department of Defense Student Meal Program, please visit the Department of Defense Education Activity Headquarters Logistics Division Web site at <http://www.dodea.edu/log/logistics/isp.htm>.

For more information call Janet Ross at 535-1314.

Meet the New Commander

Maj. Robert Burns

65th Contracting Squadron

Hometown: Mobile, Ala.

Time in service: 10 years

Previous assignment: 700th Contracting Squadron flight commander, Ramstein Air Base, Germany

Hobbies: Taking care of the family. I like to watch Southeastern Conference football games.

What's the most rewarding part of being a commander? Seeing people excel where the rubber meets the road.

What do you look forward to the most during your time here? I look forward to spending time with family and friends and working with Team Lajes to make the base even better.

Who's your role model? Why? My father. His dedication to teaching for 37 years. He's always given me good advice.

Goal for the unit: Further enhancing Portuguese



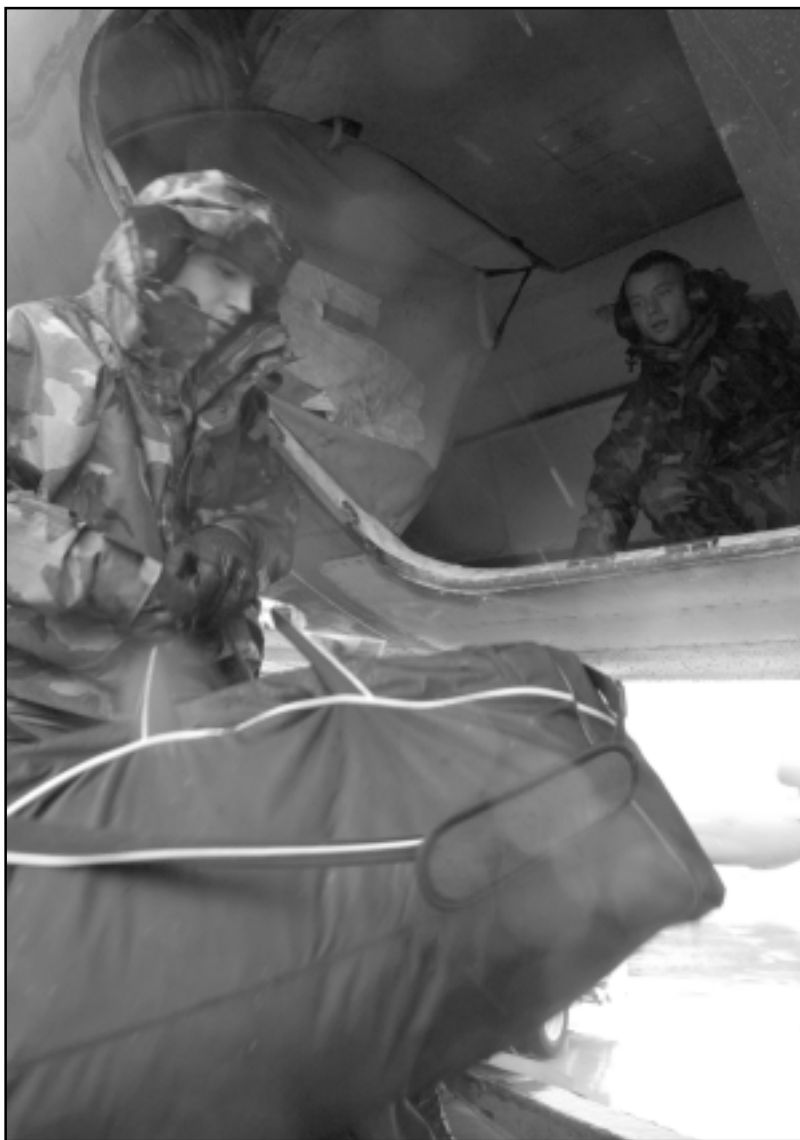
business relations, development of a squadron partnering initiative both functionally and here within the Mission Support Group, and enhanced customer service — want to speed up our responsiveness to the customer. To be the best CONS in USAFE, hooahhhh!

What else do you want our readers to know about you? This is our first time on an island and my family and I are glad to be here and look forward to an exciting tour.



Aerial Port

In the business of moving cargo



Above: Airman 1st Class Josh McDermott, 729th Air Mobility Squadron Aerial Port Flight, passes a passenger's luggage to Airman Harrison as they load it onto the DC-8 prior to its departure Sunday.

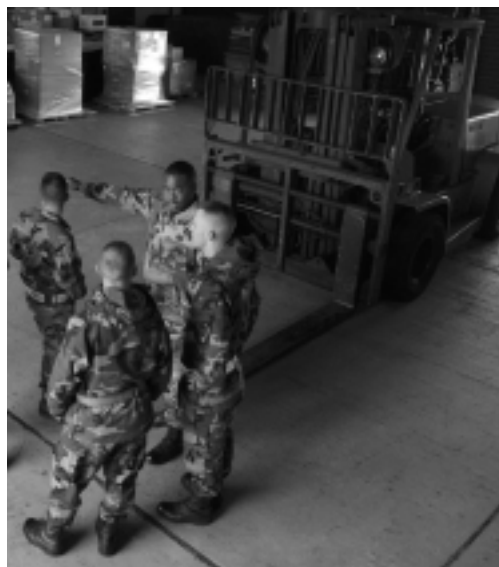
Right: Staff Sgt. James Young briefs his load crew on the cargo movement requirements for the next outbound mission.

The Aerial Port Flight, comprised of 86 personnel, has three sections: Air Freight, Passenger Services and Air Terminal Operations Center. Together they move more than 3,000 passengers and 500,000 pounds of cargo each month. Some examples of cargo and passengers include household goods, dining facility and commissary rations, supplies for Burger King, mail, mission capable aircraft parts, explosives, patients, distinguished visitors and foreign dignitaries. The Aerial Port Flight was awarded the Small Air Force Terminal of the Year Award for 2005.



Above: Airman 1st Class Robby Harrison, 729th AMS, Aerial Port Flight, loads passenger check-in baggage on a DC-8 aircraft that will transport active-duty service members back to the United States.

Top right: Airman 1st Class Jeremy Brandon checks the control panel for the roller track motor as palletized cargo is loaded on the cargo bed of his K-Loader.



Airman 1st Class Jeremy Brandon checks the control panel for the roller track motor as palletized cargo is loaded on the cargo bed of his K-Loader.



Class Darryl Weaver, Sergeant Young and Airman Harrison, secure a large wooden pallet to be loaded onto a DC-8 aircraft and delivered to McGuire Air N.J.



Airman Harrison, Airman Brandon and Airman 1st Class Darryl Weaver push palletized cargo into the bay of a DC-8 aircraft. (Photos by Master Sgt. Michael Featherston)

Americans can buy land, houses on Terceira, but process timely

Question: Can a U.S. citizen, military or civilian, buy land, a house or build a house on any of the Azorean Islands?

Answer: Any foreign citizen, American or any other nationality can buy land, a house or even build a house on any of the islands or any part of the Portuguese territory, provided they have legalized their stay in the country through the Portuguese equivalent of immigration and naturalization services.

For example, an individual who comes to the Azores as a military member and decides to retire and live here would have to apply for an authorization that would allow him to permanently reside in the country.

However, foreign citizens must

follow all legal procedures with several Portuguese government offices. This ensures the land or house they are buying is legally registered.

After the buyer reaches an agreement with the landowner or the owner of the house concerning the property's price, he or she needs to make an appointment at the notary's office for the deed. Once the deed is finished, the buyer also needs to register the property, land or house, in the Conservatória do Registo Predial (property's register office).

In addition, the buyer also needs to contact the Portuguese equivalent of Internal Revenue Service (Repartição de Finanças) to register the property in that department.

Any foreign citizen who owns property in Portugal is subject to pay taxes.

If somebody intends to build a house on land that is already legally owned, the first step is to contact the city hall of the respective district or county where the land sits.

This is so the buyer can get the required approval for the construction.

This is a lengthy process which can take several months depending on the location of the land and the city hall resources.



Fieldtrip to the movies

Above: More than 250 elementary school students walked to the Crossroads Theater from school Oct. 26 for a special viewing of "March of the Penguins." More than 250 students were treated to the fieldtrip courtesy of the Parent Teacher Association, AAFES and the commissary.

Left: Students pose for a picture with their popcorn, donated by AAFES, and their juice boxes, donated by the commissary.

Top Left: Students wait eagerly for the movie to begin. (Photos by Airman 1st Class Tabitha Larson)



HEALTH AND WELLNESS

Crossroads special health feature

Part One: Throw out diets, healthy eating should be a lifestyle

**By 1st Lt. Mike Hyland
65th ABW Public Affairs**

The Crossroads will feature four articles over the next four issues that focus on nutrition, fitness, breaking bad habits and healthy living at the workplace. The series is a resource offered to Air Force members, dependents, civilians and local nationals.

Atkins, South Beach, Weight Watchers, Jenny Craig — if these names are familiar, you've probably tried your luck at a diet recently. For many people, these weight loss solutions only provide a temporary fix, and the original excess, along with some additional fat come piling back on at the diet's conclusion.

According to Capt. Lisa Tauai, a registered dietician who serves as chief of Health Promotions at Lajes, proper nutrition implemented into a person's lifestyle serves as a much more effective tool for cutting a few inches than dieting. Proper nutrition will serve as the catalyst for the initial fat burn, and will provide the necessary fuel for maintaining an individual's ideal weight.

Eating Slowly

Captain Tauai said one of the most important elements to healthy eating is the way a person consumes food. Eating speed can mean the difference between being satisfied with a 400-calorie meal and a 1,500-calorie one.

"It takes about 30 minutes for the stomach to signal the brain that you're full," she said. "Eating slowly and chewing your food 10 to 20 times will extend your meal by 20 to 25 minutes. The slower you eat the quicker you'll feel full."

Portions

Another key ingredient in healthy eating is watching

portion sizes. Captain Tauai said a good rule of thumb is to estimate the palm of your hand as one portion.

Portion sizes are one of the key factors in the U.S. climb in obesity over the years. According to the U.S. Department of Health and Human Services National Institutes of Health, a serving of French Fries 20 years ago was typically 2.4 ounces and 210 calories, while today's serving will be around 6.9 ounces and 610 calories. A bagel 20 years ago was three inches in diameter and packed 140 calories, while today's bagel is six inches in diameter and carries 350 calories.

Serving sizes can be determined by looking at the back of food product packages. Noting the servings per container is very important when judging how much of a product to eat, as most foods contain several. For fruits and vegetables, the U.S. Department of Agriculture has available resources on serving sizes at its website, <http://www.usda.gov>. Most restaurants will have nutrition facts located on their individual websites.

Food Pyramid

What you're eating is just as important as how much. Everyone should be familiar with the

food pyramid from grade school — six to 11 servings of breads and cereals, three to five of vegetables, two to four of fruits, two to three of meat, nuts and beans and two to three of low fat/nonfat dairy. Captain Tauai said the food

pyramid has gone through some changes and is new and improved though.

"The new pyramid increases the no/low fat dairy from two to three servings to three to four, putting an emphasis on calcium intake. Fruit and vegetable servings are toward eight now, and it stresses replacing animal meat servings with beans and legumes — foods that are high in protein but low in cholesterol," she said.

"The overall appearance of the food pyramid has changed as well. Now it features a person running up the side of a color coded pyramid, emphasizing the importance of fitness combined with nutrition," she said.

The food pyramid is more interactive now, with specific requirements for individuals based on age and physical activity level. Serving levels go into detail with cups and ounces measured for each section of the pyramid, and tips on particular foods to consume. The United States Department of Agriculture features the interactive pyramid at <http://www.mypyramid.gov>.

Choices

Just because something is in the dairy isle, doesn't mean you should pile four servings into your

mouth each day. Captain Tauai said not all dairy products are created equal.

"Fat free milk and fat free cheeses are good choices when filling your dairy needs. You get the great benefits of calcium and protein without

the saturated fat whole milk and regular cheeses bring."

Another important group within the pyramid is the bread and cereal group. The captain said eating whole wheat breads and cereals will give the most nutrients and fiber.

"If the product is made from 100 percent whole wheat, you're getting more of an insoluble fiber which some studies have linked to a reduction in colon cancer," she said.

Captain Tauai also stressed that fiber fills people up quicker and takes longer to digest, so it aids in weight loss. Whole grains are also typically lower in fat.

Along with whole grain breads and cereals, people should be taking in plenty of fruits and vegetables. Captain Tauai said it's hard to go wrong in the fruit and vegetable department, but you should limit canned fruits in heavy syrup and serve vegetables raw or steam them because excessive boiling will strip the nutrients.

When needed to prepare food, the captain advised to cook with mono-unsaturated fat oils such as olive and canola. Mono-unsaturated will reduce total cholesterol, which has a positive impact on the heart. With any food, oils should be used moderately by measuring portions and servings carefully.

"When choosing meats, you should always pick lean cuts, like boneless skinless chicken breasts or loin cut and select or choice grade red meats," Captain Tauai said. "When marinating or using condiments, you should limit thick high-



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on page 10**

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calorie items.

Sweets and fats should be limited, but when snacking, people should consider whole wheat crackers or nuts because of the health benefits along with the expedient full stomach feeling. Captain Tauai said baked chips and pretzels are also a smart snack because of the reduced calories when compared to their fried tortilla and potato chip cousins.

Fluids

Water has been reigning champion in the fluid competition for the last few thousand years. Typically, people should consume half their body weight in ounces. So, a 120-pound woman needs to drink 60 ounces of water per day, according to Captain Tauai. She said although some juices have vitamins and nutrients, they also carry drawbacks.

"Juices can add up calorie-wise. People might not understand that a serving size of juice is only half a cup, and that adds up quickly," she said.

Water also edges out sports drinks for most athletic activity.

"Water is the best thing to drink up to an hour of physical activity. If you're working out more than an hour, you need to replenish your electrolytes."

The Holidays

With the holiday season coming up, readers might want to stow this article away with the rest of the New Year's resolutions and pick up in 2006. But you can still enjoy Mom's Thanksgiving turkey and keep your new healthy eating lifestyle in tact. Captain Tauai said that just about the entire table of a holiday meal is fair game as long as you play by the rules.

"Turkey without the skin and ham are both good lean meats," she said. "Depending on how you make the gravy, mashed potatoes can

be a good choice. Stuffing is relatively low in calories as long as you watch your portions. A half cup is a reasonable serving. Pumpkin pie has a high content of nutrients and cranberry sauce is also good for you."

The biggest problem is in the preparation.

"When the cook starts to throw all the butter and other fattening ingredients, the fat and calorie content goes way up. But as long as you just control the portions and make up for the extra calories by spending a little more time in the gym, you can survive the holiday season without unwanted weight gain," she said.

A Lifestyle

Optimal nutrition can only be achieved through a variety of smart decisions in a person's food selection. Intelligent food choices cannot stand alone in the grand scheme of a healthy eating lifestyle though.

Whole grains without adequate fruit and vegetables and low fat dairy products without the protein benefits of lean meats and beans will sink any healthy eating endeavor.

The most important thing to remember is that a healthy eating lifestyle is composed of several elements, with moderation being the most important of those.

The Health and Wellness Center offers numerous resources for individuals interested in furthering their knowledge on nutrition.

For further questions and detailed information, people can set up individual appointments with Captain Tauai by calling 535-3889.

Although detrimental to overall health and wellness, nutrition can only go so far without fitness.

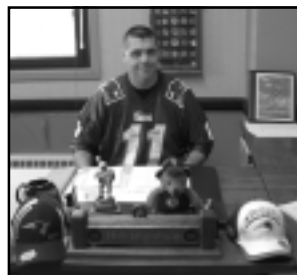
(Next week's article will focus on fitness, and proper exercise.)

ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get his or her name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit. Congratulations to week eight's winner, **Bill Rathbun**. It was his first time playing and he only missed two. His wife Kris Rathbun on the other hand, didn't do so hot, and was one of the two to garner the "You Don't Know Jack" award. She shares it with Adam Ulemen this week, who also missed nine.

Players can bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to lajesnews@lajes.af.mil. All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.



"I WON! WOW, my first week playing, this is almost as exciting as the Patriots winning the last 3 out of 4 Super Bowls or the Red Sox winning the World Series. Does anyone know if Captain McGee has won yet? Winning isn't everything — but wanting to win is."

-Bill Rathbun

- | | | |
|--------------------------|---|--------------------------|
| <input type="checkbox"/> | Atlanta Falcons vs. Miami Dolphins | <input type="checkbox"/> |
| <input type="checkbox"/> | Detroit Lions vs. Minnesota Vikings | <input type="checkbox"/> |
| <input type="checkbox"/> | Oakland Raiders vs. Kansas City Chiefs | <input type="checkbox"/> |
| <input type="checkbox"/> | Tennessee Titans vs. Cleveland Browns | <input type="checkbox"/> |
| <input type="checkbox"/> | Carolina Panthers vs. Tampa Bay Buccaneers | <input type="checkbox"/> |
| <input type="checkbox"/> | Cincinnati Bengals vs. Baltimore Ravens | <input type="checkbox"/> |
| <input type="checkbox"/> | Houston Texans vs. Jacksonville Jaguars | <input type="checkbox"/> |
| <input type="checkbox"/> | San Diego Chargers vs. New York Jets | <input type="checkbox"/> |
| <input type="checkbox"/> | Chicago Bears vs. New Orleans Saints | <input type="checkbox"/> |
| <input type="checkbox"/> | Seattle Seahawks vs. Arizona Cardinals | <input type="checkbox"/> |
| <input type="checkbox"/> | New York Giants vs. San Francisco 49ers | <input type="checkbox"/> |
| <input type="checkbox"/> | Pittsburgh Steelers vs. Green Bay Packers | <input type="checkbox"/> |
| <input type="checkbox"/> | Philadelphia Eagles vs. Washington Redskins | <input type="checkbox"/> |
| <input type="checkbox"/> | Indianapolis Colts vs. New England Patriots | <input type="checkbox"/> |

Total Points for Monday's Game: _____



PLANNER

Meal time

Burger King: 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Grill: Mon.-Sun. 11a.m. to 11 p.m.

Weekly Specials include fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Subway: 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

Top of the Rock Club: Lunch 11 to 1:30 p.m. Mon.-Fri.; Dinner Tue.-Sat. 5:30 to 9:30 p.m.; Breakfast 8 to noon Sat.; Sunday Brunch from 11 a.m. to 2 p.m.; Bits and Bites in the lounge and club member specials, Tue.-Wed. 4 to 10:30 p.m., Thu. and Sat. 4

p.m. to 1:30 a.m., Fri. 4 p.m. to 2 a.m.

Chapel

Daily Mass: 11:30 a.m. Monday through Thursday

Monday Protestant women's spiritual fitness training, 7 p.m.

Tuesday AWANA 6 p.m.

Wednesday Women's bible study, 9:30 a.m. and noon; men's spiritual fitness training/lunch, noon; Catholic choir practice 5 p.m.; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.; men's bible study, 7 p.m.

Thursday Gospel choir practice 7 p.m.

Sunday Celebration of Holy Communion 8:30 a.m.; Protestant traditional service 9 a.m.; Confessions, Sunday at 9:30 a.m. or by appointment. Catholic Mass 10:30 a.m.;

Gospel service, noon; Protestant teens/youth 6 p.m.

Base services

Barber shop: 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat., 535-3396

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat., 535-4124

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri., 535-3188

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun., 2-4135

Commissary: 10:30 a.m. to 6:30 p.m. Mon.-Thur. and Sat.; Fri 10:30 a.m. to 7:30 p.m., 535-6174

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun., 2-5151

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays

Gas station: 10 a.m.-5

p.m. Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun., 535-3688

New Car Sales: 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat., 535-3173

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun., 535-3444

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun., 535-4140

PFCU: 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri., 295-543-681

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun., 535-3280

Arts and Crafts: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat., 535-3909

Thrift shop: 10 a.m. to 2 p.m. Mon., Wed. and Fri. and the 3rd Sat. of the month. 535-3909

Vet clinic: 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed., 535-3134

AFN Sports

myafn.net

Saturday

AFN-Sports

NFL: Chicago Blackhawks @ Dallas Stars, 7 a.m.
NBA: Cleveland Cavaliers @ San Antonio Spurs, noon

COLL FB: Iowa @ Northwestern, 4 p.m.

COLL FB: Wisconsin @ Penn State, 7:30 p.m.

AFN-Atlantic

COLL FB: Boston College @ North Carolina, 4 p.m.

COLL FB: California @ Oregon, 7:30 p.m.

AFN-Pacific

COLL FB: Minnesota @ Indiana, 4 p.m.

COLL FB: Missouri @ Colorado, 7:30 p.m.

Sunday

AFN-Atlantic

COLL FB: Oregon State @ UCLA, 11 a.m.

NASCAR Busch Series: O'Reilly Challenge, Texas Motor Speedway, 11 a.m.

NASCAR Nextel Cup Series: Dickies 500, 7:30 p.m.

AFN-Pacific

NFL: Atlanta Falcons @ Miami Dolphins, 5 p.m.

NFL: Pittsburgh Steelers @ Green Bay Packers, 8 p.m.

AFN-Sports

NFL: Carolina Panthers @ Tampa Bay Buccaneers, 5 p.m.

NFL: Seattle Seahawks @ Arizona Cardinals, 8 p.m.

At the movies



Today: 7 p.m., "The Man" rated PG-13.

A case of mistaken identity forces Federal agent Derrick Vann and dental supply salesman Andy Fidler to team up as they speed through the streets of Detroit to pull off a sting operation and solve the murder of Vann's former partner.

Saturday: 7 p.m., "The Transporter 2" rated PG-13.

Retired in Miami, ex-Special Forces operative, Frank Martin, makes a living driving for the wealthy Billings family. He's a huge favorite with their two small boys, but when the kids are kidnapped and injected with a potentially fatal virus, Frank defies the FBI and

works relentlessly to get the boys to safety and discover the kidnapper's master plan.

Sunday: 2 p.m. - "The Transporter 2"

Sunday: 7 p.m. - "The Man"

Wednesday: 7 p.m. - "The Transporter 2"

Thursday: 7 p.m. - "The Man"

Note: Movies and times shown are subject to change. For more information about listings for upcoming movies, call 535-3302 or visit www.aafes.com.



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil. For on-base numbers, dial 295-57 and the last four digits.

Local events

Economic fair: The Chamber of Commerce of Angra is hosting the fair of economic activities, "Temát&ca 2005," through Nov. 20 in a tent located adjacent to the Musical Club of Angra in Vinha Brava. This weekend's exposition theme is "Tourism and Leisure Times."

The fair's expositions will be Fridays: 8 p.m. - Midnight; Saturdays: 3 p.m. - Midnight; and Sundays: 3-11 p.m. Admission is free.

Base events

Photo Club: The Lajes Field Photo Club will hold their monthly meeting 6:30 p.m. Tuesday at the family support center. Membership is open to all who have a love of photography. This month's topic will be vintage cameras and what to do with them.

For details, call James O'Rear at 295-549-262, e-mail james@jamesorear.com or visit the club's website at: <http://groups.yahoo.com/group/lfp>.

AETC Special-Duty Team: Anyone who has ever been interested in becoming a recruiter, military training instructor, military training leader, technical training instructor or professional military education instructor can learn about these special-duty assignment opportunities 2 p.m. Nov. 14 at the base theater. For more information, call Senior Master Sgt. Kenneth Jack at 535-3612.

Project Wizard

Story hour: The base library offers story time every Friday starting at 3 p.m., for children 7 and younger. Seasons, specials weeks, heritage months and holidays are covered in story hour themes.

Library Night Out: Library Night out is scheduled for 7:30 to 9 p.m. Dec. 1. Adults from the base are welcome to bring their favorite treat, brownies, cake or cookies. The library will provide

coffee, music and books free of charge. For details, call Patricia Arnold at 535-3688.

Combat Fitness

Fitness center hours: 5 a.m. to midnight Monday through Friday and 8 a.m. to 7 p.m. weekends and holidays. For more information, call 2-5151. The parent/child work out area is being relocated to the fitness center and is scheduled to be complete next week.

Combat Education

Scholarship Opportunity: The Lajes Enlisted Spouses' Club is proud to announce that they will be awarding \$2000 in scholarships to spouses of enlisted service members. Applicants must have enrolled in at least one full term during the 2005 academic year and have maintained a 2.5 GPA or higher. Online courses will be accepted. Applications may be picked up at any of the college offices or at the family support center, and must be submitted by Nov. 18. For details, call Jamie Thorn at 295-515-145.

Oklahoma University classes: The Masters of Human Relations degree program with University of Oklahoma is a 36 credit hour, non-thesis degree that can be completed within 16-24 months.

The next course being offered is in the Spring. The last day to add/drop will be Dec. 11. For more information, call Jaclyn Kemp at 535-3171.

Embry-Riddle Aeronautical University:

Embry-Riddle is currently holding registration for undergraduate and graduate distance learning courses that start in January.

The last day to register for SFTY 320, Human Factors in Aviation Safety, is Monday. For more information, contact Terra Schellig at 535-3375.

Volunteer/jobs

ERAU: Embry-Riddle is seeking part-time faculty in a

variety of disciplines. Please contact Terra Schellig for more information at 535-3375.

AAFES nail technician: AAFES is looking for a qualified nail technician to professionally perform manicures and pedicures as well as acrylic nail sets. Applicants must be willing to work flexible hours Tuesday-Saturday.

For details, call Lucille at the Beauty Shop at 535-4124.

Services vacancies: The 65th Services Squadron has a vacancy for a recreation aid at the youth center. To apply visit the 65th SVS Human Resources Office in Bldg. T-112 between 9 a.m. and 4 p.m. Monday through Friday. For a list of the most current vacancies, call the HRO staff at 295-575-200 or 535-5200.

OU Temp site manager: The University of Oklahoma is seeking applicants for a temporary site manager. This position will be for the period beginning Feb. 13 and ending on May 31, 2006. Training will begin on Feb. 1, 2006. Requirements include a bachelor's degree and related experience. Deadline to resubmit applications is Dec. 23, 2005. Interviews will be conducted in the first week of January. To apply submit a cover letter and resume to the OU office, or e-mail them to aplajes@ou.edu.

Catholic Women of the Chapel Mass and Dinner: Wednesday at 6 p.m. at the chapel; **Protestant Women of the Chapel Fellowship Time:** Nov. 14, at 7 p.m. at the chapel; **Catholic Men of the Chapel Mass and Dinner:**

Combat Touch

ner: Nov. 16 at 6 p.m. at the chapel; **SUM Dinner:** Nov. 17 at 5:30 p.m. at chapel; **New Creation Café:** Nov. 18 at 7 p.m. at Eddie's Place; **Men's Spiritual Leadership Training/Breakfast:** Nov. 19 at 8 a.m. at the chapel; **Thanksgiving Day Mass:** Nov. 24 at 10 a.m. at the chapel; **Children and Youth Movie Night:** Nov. 25 at 7 p.m. at the chapel; **Catholic Parish Advent Workshop:**

Project CHEER

Nov. 26 at 1:30 p.m.

"Alter Ego" dance party: This post Halloween costume party will be 10 p.m. to 2 a.m. Saturday at the TORC. Bring your own music. There will be prizes for the top three costumes. For details, call Captain West at 535-3222.

SUM tour: The SUM tour will be 9:30 a.m. to 4:30 p.m., Nov. 11. The group will go to the Sao Joao Baptista Fort and Water Cave.

Lajes Idol Tres: Lajes Idol will be will begin with open Karaoke at 8 p.m. Nov. 12, in the TORC Ballroom. A competition will begin at 10 p.m. For more information, call Capt. Lisa Tauai at 535-3889.

Classifieds

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

1990 Volvo 240 automatic, power windows and locks, great second car, 4-door, inspection good until Jan 06. \$600 obo. Please call 295 549 727 for more information.

2000 Jeep Grand Cherokee Laredo, Champagne, auto, PCSing must sell. Great family vehicle and in exc. cond. New CD player, power locks, windows, and steering!! 50K miles, brand new brakes/rotors, and nearly new tires!! Asking \$10,000, will negotiate. Call Justin or Amanda at 295-549-660 or e-mail mandecurtis@yahoo.com.

For Sale: Two Dehumidifiers great condition \$60 a piece. Kids bedroom matching set of a bookcase, short dresser, and long dresser great condition \$100 all together. One tall fan \$10. One small heater \$10. For more information call 295-549-660.

For sale: 1990 Peugeot 205 2 dr hatchback New alternator \$1,000 negotiable; 1988 Renault 21 GTS 4 dr Inspection good until May 06 New brakes, starter, hubcaps. Power locks and windows. \$1,000, negotiable. Both cars have Portuguese plates. PCSing Nov. 4. Call 295-549-159, 295-573-497 or e-mail: richard.gonzales@lajes.af.mil

2003 Kawasaki KLR 650cc dual sport motorcycle with > 3000 miles asking \$4,000 For more information call 962-074-157

Nanny Available: Honest, reliable, and respectful nanny available in the new year First language English, also speaks Portuguese. Experienced, with excellent references. Please e-mail ashleytaylor@2die4.com or call (416) 354-2630 (Canada)

Kittens, yellow-striped, one peach colored, six weeks old, free to good homes. Also one calico, one grey-striped, slightly older, former strays now in good health. Will help with shots and chips if it means finding good homes for these darlings. Call 965 480 769